

Disposition of Personality Pattern and Vulnerability of Psychiatric Disorder: Study in a Hospital of Kolkata

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Background: Psychiatric disorders often reflect some personality disorders in clinical settings. Personality mediates part of this comorbidity (Bienvenu *et al*, 2001). This in fact represents a comorbidity of psychiatric patients who come for treatment at hospitals and clinics. It is thus comprehensible that evaluation of the role of personality variations in psychiatric disorders takes an important part to better understand the vulnerability of psychiatric disorders.

This study has been undertaken to assess the personality features affecting the comorbidity of the psychiatric disorders in clinical patients.

Methods: Total eighty patients (n=80) who came to hospital psychiatry OPD at Salt Lake Government Hospital were selected for the study. Those patients were diagnosed (DSM IV) having either of these diagnoses: anxiety disorder (n=20), depression (n=20), substance-related disorder (n=20) and conduct disorder/impulse control disorder (n=20). The test batteries used were PEQ (Eysenck, 1975), LOC (Veluchan, 1984) and Avoidance Questionnaire.

Results: Neuroticism accounted for high correlation ($r=0.68$; $p<0.05$) with depression and anxiety related symptomologies. Extraversion was related to ($r=0.62$; $p<0.05$) alcohol drug abuse and impulse disorder more. Avoidance features were related to both anxiety/depression and drug abuse and impulse control. External locus scores are significantly ($p<0.05$) higher in anxiety and depression groups. Impulse control and substance related disorders reflected significantly ($p<0.05$) higher extraversion score.

Discussion: The personality measures included neuroticism which reflects emotional instability, vulnerability to stress and anxiety proneness. The extraversion dimension measures

sociability and liveliness. The internal locus indicates powerful others and chance control of events and external locus refers to self power and self control. In case of our hospital study sample of patients, neuroticism can be related to comorbidity of personality disorders. Other reports suggest over 50% of the genetic liability for major depression was shared with neuroticism (Kendler *et al*, 1993b). The extraversion features can be associated with vulnerability factor for impulse control or conduct disorder as well as alcohol drug abuse (Sher & Trull, 1994). The internal locus of control is associated with feeling of more security or control over state of affairs whereas external locus has been observed to be associated with anxiety and depression where individuals feel that they have much less control over the situation or events around them. Avoidant pattern has been found in all types of psychiatric disorders studied here. Substance abuse disorder patients do not assume responsibility and exhibit a nonchalant state. The study indicates that pathological personality profile can be added risk for psychiatric vulnerability.

References:

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